

ILLINOIS SWIMMING CONTROLLED MEET WARM-UP and SAFETY GUIDELINES

Host teams shall put warm-up guidelines in their meet announcements and post the same at their facilities, which shall at a minimum reflect the following:

1. GENERAL WARM-UPS

- a. NO DIVING or JUMPING into the pool will be allowed. Swimmers must enter the pool from the designated end feet first, while maintaining contact with the deck with their body and a hand.
- b. The entry point shall be designated by the Meet Referee and Meet Director, and entry from any other point of the pool shall not be allowed.
- c. No sprinting or pace work shall be allowed during general warm-up times, and circle swimming will be utilized.

2. SPECIFIC WARM-UPS

- a. The Meet Director and Meet Referee may designate a portion of the overall warmup time for specific lane designations if the meet and facility are appropriate for this.
- b. At a designated time, lanes can be assigned for these warm-up purposes.
 - i. Push/Pace Lanes – Athletes may push off from the designated end and do pace work. These lanes shall remain using circle swimming and no diving will be allowed.
 - ii. Start Lanes – Designated lanes for start and sprint work may be opened. Athletes may use the blocks for forward or back-facing starts. Only one athlete may be on the block at a time and these lanes will be for one-way only swimming. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks.
 - iii. General warm-up lanes – may be designated during this time as well.

3. ASSIGNMENTS and DESIGNATIONS

- a. The Meet Director and Meet Referee may establish assigned lanes for warmups for the meet. Notice of these assignments must be sent to teams at least 48 hours in advance of a meet and shall take into consideration capacity, team size and athlete safety.
- b. The Meet Director and Meet Referee may designate a specific warm-up period as described above.
- c. Warm-up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. The following statement shall appear in the Meet Announcement: "Illinois Swimming, Inc. Safety Guidelines and Warm-up Procedures will be in affect at this meet."

4. SAFETY GUIDELINES

- a. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets, and actively supervise their swimmers throughout the warm-up session at meets.
- b. The Meet Host shall provide a minimum of two (2) marshals to be on deck during the warmup periods, who report to and receive instructions from the Meet Referee. Marshals shall have the authority to remove from the deck, for the remainder of the warm-up session, any swimmer or coach who is in violation of safety or warm-up procedures.
- c. The host team shall provide signs indicate the designated use of lanes during warm-up and an announcer shall be on duty for the entire Warmup session to announce lane and/or time changes and to assist with the conduct of the Warm-up.
- d. Hazards in locker rooms, on the deck area or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.
- e. Swimmers shall exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- f. Warm-up procedures shall be enforced for any breaks scheduled during the competition if the competition pool is opened to use. If a warm-up/warm-down pool is open during the meet all general warm-up rules shall apply to its' use, as well as all safety rules contained in this policy.
- g. The Meet Referee may restrict use of devices such as kickboards, bands, hand paddles, pull buoys or fins during warm-up. The Referee shall have control over mitigation actions necessary to relieve situations deemed as dangerous or impairing the safety of other swimmers.
- h. The Meet Director and Meet Referee shall enforce and state or local capacity guidelines during warm-ups.